

## ABSTRACT

A trawl's mesh cells include at least three mesh bars. A cell's first mesh bar includes a first product strand formed by a core product strand enclosed within a sheath. The sheath resists sliding along the core product strand during the trawl's assembly and field operations. The first product strand also mechanically connects to a second product strand forming the mesh cell's second mesh bar. The mechanical connection includes a clamp which encloses at least the slide-resistant, sheathed portion of the first product strand. A particularly preferred embodiment for the sheath includes at least one spiraling product strand interwoven with other encircling product strands. The spiraling product strand has a diameter that is larger than a diameter of each of the other encircling product strands. An improved method for catching fish with a trawl system includes a step of assembling the trawl system by combining selected trawl components. The improved method also includes deploying the sheathed, first mesh bar into a body of water, and propelling it through the body of water.